

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
		Aug - 21 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Aug - 22 Cereal Variety 2017 Toast- Wheat Blueberry Pancake Apple Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Aug - 23 Cereal-Assorted Toast- Wheat Zucchini Bread Sausage Patty FC Banana FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White JELLIES																																																																																																																																																						
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Vit A	905* IU																																																																																																																																																									
Vit C	13.2* mg																																																																																																																																																									
Sugar	22.2*g 21.4%Cal																																																																																																																																																									
Prot	19.5*g 18.8%Cal																																																																																																																																																									
Carb	69.6g 67.2%Cal																																																																																																																																																									
T.Fat	7.4*g 16.0%Cal																																																																																																																																																									
S.Fat	2.7*g 5.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	398																																																																																																																																																									
88%																																																																																																																																																										
Chol...	12* mg																																																																																																																																																									
Sodium.	510 mg																																																																																																																																																									
Fiber..	6.0* g																																																																																																																																																									
Iron...	3.8* mg																																																																																																																																																									
Calcium	418.6* mg																																																																																																																																																									
Vit A	1033* IU																																																																																																																																																									
Vit C	7.7* mg																																																																																																																																																									
Sugar	27.0*g 27.1%Cal																																																																																																																																																									
Prot	13.2*g 13.3%Cal																																																																																																																																																									
Carb	75.7g 76.1%Cal																																																																																																																																																									
T.Fat	5.5*g 12.5%Cal																																																																																																																																																									
S.Fat	1.1*g 2.6%Cal																																																																																																																																																									
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Iron...	4.3* mg																																																																																																																																																									
Calcium	499.0* mg																																																																																																																																																									
Vit A	1406* IU																																																																																																																																																									
Vit C	20.6* mg																																																																																																																																																									
Sugar	31.5*g 24.7%Cal																																																																																																																																																									
Prot	13.1*g 10.3%Cal																																																																																																																																																									
Carb	104.8g 82.3%Cal																																																																																																																																																									
T.Fat	4.9*g 8.7%Cal																																																																																																																																																									
S.Fat	1.9*g 3.4%Cal																																																																																																																																																									

Menu subject to change
 This institution is an equal opportunity provider.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.